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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

## News Letter

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### GOOD FOODS NEED GOOD COOKING FOR GOOD SCHOOL LUNCHES

More nutritious school lunches should result from recent USDA purchases of special foods authorized for this purpose. Distribution was well under way in October of foods purchased specifically for school lunch use. Included are:

- 14,000,000 pounds of natural and processed cheese
- 154,000 gallons of concentrated orange juice
- 8,000,000 pounds of peanut butter
- 31,000,000 pounds of tomato products
- 938,000 cases (38,000,000 pounds) of canned peaches

Many foods purchased under surplus removal operations are being distributed to schools and charitable institutions. They include:

- 7,500,000 pounds of dried eggs
- 5,000,000 pounds of butter (for schools only)
- 11,590,000 pounds of honey
- 14,000,000 pounds of nonfat dry milk
- Apples and other fresh and dried fruits and vegetables.

Providing food is only the first step toward a good lunch, however. Just as important is that school lunch managers and cooks use the foods in such a way that children enjoy eating them. Even good cooks need instructions and demonstrations in preparing unfamiliar commodities and in using them in a Type A lunch. Hence, many States, using recipes and guidance materials prepared by BHNHE, are providing training and supervision for these workers.

To give such training and supervision puts a great work load on educational departments and many of them look to nutrition committees for professional advice and support. In some States nutrition committees have been called upon to assist with workshops, to act as consultants on technical problems, to help with the preparation of technical mate-

rials, and to promote and conduct school lunch studies. In addition, nutrition committees have encouraged institutions of higher learning to include courses on school lunch and nutrition in their curricula.

### WHO AND FAO COORDINATE NUTRITION PROGRAMS

With nutrition a major concern of both the World Health Organization and the Food and Agriculture Organization of the United Nations, cooperation between the two organizations and coordination of programs are essential. To facilitate such coordination a single advisory committee on nutrition was set up to serve the directors-general of both organizations. This committee met in Geneva in October.

Dr. W. H. Sebrell, Director of the Experimental Biology and Medicine Institute of the Public Health Service, and Dr. Hazel K. Stiebeling of BHNHE were two of a committee of ten. (Nov. NNL) The other eight members of the committee were from countries in Asia, Africa, Europe, and South America and represented wide fields of interest. The questions put to the committee were questions of program and cooperative endeavor in fields of interest to both organizations.

### WHO NUTRITION PROGRAM

Nutrition is included in the program of the World Health Organization because of the fundamental importance of nutrition to health. In the work of the Nutrition Section of WHO special emphasis is laid, in accordance with the general policy of the organization, on direct technical assistance to governments in the field. It is particularly concerned with disease due to nutritional factors and with practical measures to prevent such diseases.

It provides governments, on request, with experts to help in studying and at-



tacking problems of nutrition, and aims at the development of efficient nutrition services in health departments. It works in close association with other sections of WHO whose activities impinge on the field of nutrition, such as the Section of Maternity and Child Health.

In 1950 WHO proposes to provide a number of consultants for work in member countries. The program offered is extensive and covers nutrition surveys, the development of nutrition programs and their implementation, as well as technical services to laboratories.

WHO will cooperate with FAO in intensive efforts to increase world food production. Much agricultural land in the world would produce more food if workers were healthy and used modern farming methods. WHO, by eradicating such disabling diseases as malaria, can improve the health of the people working the land. FAO, by bringing to those people knowledge of efficient farming methods can enable them to increase crop yields and livestock production.

#### NUTRITION INSTITUTE FOR CENTRAL AMERICA AND PANAMA INAUGURATED

The Nutrition Institute for Central America and Panama, established by the Pan American Sanitary Bureau with cooperation of the Kellogg Foundation, was inaugurated September 14 and 15. Located in Guatemala City near San Carlos University, it has ample space and is well equipped for office and laboratory purposes, according to Dr. H. R. Sandstead of the United States Public Health Service, who took part in the ceremonies.

Dr. Nevin S. Scrimshaw is director of the Institute; on the staff are three other physicians, three biochemists, two assistant chemists, a parasitologist, a nutritionist, and several technicians, some of them United States trained.

The Institute will work in four areas:

1. Composition and nutritive value of native foods. The Institute will continue the analyses begun by Dr. R. S. Harris of Massachusetts Institute of Technology.

2. Survey. The group will shortly begin nutrition surveys in a few villages near Guatemala City.

3. Training. Graduate students appointed by participating countries will have an opportunity for laboratory and field work.

4. Special projects.

Cooperative action between health and agricultural groups is encouraged. The Nutrition Institute is not only associated with official health departments but has an excellent opportunity to work with agricultural institutes in the several countries and with the medical school and hospitals in Guatemala City.

Guatemala, El Salvador, and Honduras have already joined the Institute. The importance which these governments attach to the Nutrition Institute is shown by the action of Guatemala in holding the inauguration on its day of independence.

The importance which the United Nations attach to it is shown by the collaboration being developed by the International Children's Emergency Fund with this Institute for a demonstration in school feeding. FAO has been requested to detail a worker to the Institute. The Pan American Sanitary Bureau acts as the WHO Regional Office for the Americas.

#### CAMBRIDGE (MASS.) INCLUDES NUTRITION IN COURSE ON CHILD HEALTH PROBLEMS

With 175 in attendance the Nutrition Advisory Committee of Health Division of the Cambridge Community Council opened its course, "Health Problems of the School Child." Nutrition is one of many subjects considered.

The course was planned with the cooperation of the Cambridge Superintendent of Schools. It offers 3 semester hours credit and is held after school to make it convenient for teachers to attend.

This is a third in a series of programs undertaken by the Nutrition Advisory Committee. The Nutrition In Industry Conferences (Sept.-Oct. NNL) were the second.

#### MICHIGAN TEACHERS TAKE COURSES IN NUTRITION AND SCHOOL LUNCH MANAGEMENT

Central Michigan College of Education at Mt. Pleasant, Mich., sends its nutrition instructor from county to county during the summer to conduct courses for elementary and high school teachers in child nutrition. She emphasizes the value of a good school lunch program and works closely with the State school lunch director and the State director of commodity distribution in helping communities improve their services. In addition to help on such aspects as rate of allocation and proper storage of

food, she gives teachers actual experience in food preparation, using donated commodities and abundant foods.

When the instructor started work in one county only two schools had lunch programs. Now two additional schools have applied for reimbursement under the school lunch program, and every school in that county is using some of the commodities distributed by PMA.

#### NEWS OF STATE COMMITTEES

##### CONNECTICUT PUBLISHES REPORT ON NUTRITION ACTIVITIES IN STATE

The State Nutrition Council, in considering how it could best serve the interests of the State and its citizens, agreed that they should first ascertain where immediate problems lie.

Accordingly, a booklet entitled "Nutritional Status of Connecticut" was prepared with the hope that it would serve many groups and interested individuals as a useful piece of reference material and a challenge for the future.

This 99-page booklet contains reports and articles by outstanding specialists in various fields. Such topics as Nutrition and Immunity and Nutrition and Teeth, as well as information about activities of organized groups within the State, are included. The material given in the section on nutrition education in schools, colleges, and universities was gained through a questionnaire sent out in 1948 by a subcommittee of the Council. Also included are sections on organization and work of the State Council and local nutrition committees.

The Council, through its chairman, Mrs. Martha Smith Fry, has generously made available from the limited edition enough copies of "Nutritional Status of Connecticut" to send one copy to each State Nutrition Committee Chairman. Perhaps chairmen will find it convenient to circulate their copies among members of their committees, thus giving it wider currency.

##### INDIANA AGENCIES HOLD WORKSHOPS AND INSTITUTES

A 3-week school lunch workshop was held at Purdue University, June 20 to July 9, with 27 persons from 16 counties and one person from Ohio attending. Nine took the course for credit, it was reported at a meeting of the Indiana State Nutrition Council.

The State Department of Instruction, the State Department of Health, and other agencies are cooperating in organizing and holding 1-day institutes or workshops for school lunch cooks, school administrators, home economics teachers, and parent organizations. Most of these 1-day workshops have included but one county. An all day tri-county school lunch institute drew 81 persons.

Food service in school lunchrooms was surveyed in two counties by a nutrition consultant of the State Board of Health at the request of the County Superintendent of Schools. The Superintendent discussed the survey reports with each principal. Problems found are to be used as basis of planning school lunch institutes.

Nutritionists of the State Board of Health and field consultants of the Children's Division, State Department of Welfare, held three 1-day food service institutes for children's homes, and a series for day nurseries. A follow-up survey of these institutions revealed teachings put into practice and improved food service.

##### MAINE PUBLISHES BULLETIN ON BANGOR NUTRITION STUDY

The bulletin "Remodeling the School Lunch for the Teen-Ager," which contains the results of the Bangor Nutrition Study (Sept.-Oct. NNL), has now been published as Bulletin 475 of the Maine Agricultural Experiment Station. Copies may be obtained by writing to the station in Orono.

##### SOUTH DAKOTA BASES ITS PROGRAM ON FINDINGS FROM NUTRITION SURVEYS

The State Nutrition Committee used the findings from its study of food habits of school children (March and Oct. 1947 NNL) to aid in reestablishing the school lunch program in the State. When the Governor was given the facts learned through the survey, he approved funds for the program.

The survey in 17 counties distributed throughout the State covered 26,700 children—about one-fourth of the State's grade and high school population. The returns showed, as do surveys made elsewhere in the country, that the children's dietaries are deficient in milk, vitamin C-rich fruits, other fruits, and leafy, green, and yellow vegetables.



The findings crystallized the committee's ideas of where to work and showed actual needs and problems that call for coordinated approach. As part of its campaign to increase milk consumption, the committee is working to provide a safe milk supply.

A report of this study, "A Survey of the Nutritional Habits of South Dakota School Children," was published in the 1948 Proceedings of the South Dakota Academy of Science. Dr. Charles Schwartz, last year's chairman, prepared the report with the cooperation of all members of the State Nutrition Committee.

Mildred Walker of the South Dakota State College is chairman for 1949-50.

#### TEXAS IMPROVES NUTRITIONAL QUALITY OF CORN MEAL AND GRITS

Because corn meal and grits with their low niacin content occupy a prominent place in southern diets, the Texas Nutrition Council, through its research committee, is cooperating in a project to improve their nutritional quality. Corn products may be improved by enrichment at the time of milling and by methods of preparation which retain in palatable and attractive dishes as much as possible of both natural and added nutrients.

Using recipes for typical corn meal and grits dishes collected from homemakers by the Texas Dietetic Association, the research committee is standardizing recipes and cooking methods to use in experiments, according to Dr. Jessie Whitacre, former chairman of the State Nutrition Council and leader of the corn enrichment project. The research committee is composed of one nutritionist from each of five Texas institutions where food and nutrition research is done.

Only corn bread has been dealt with so far. Two standardized recipes have been developed from proportions given most frequently in the 85 recipes collected. Each laboratory is experimenting with these two recipes using white or yellow, enriched or unenriched, meal. Other variations include use of sweet milk and

of less leavening. A high quality corn bread was made with only  $\frac{1}{3}$  to  $\frac{1}{2}$  as much leavening as generally used. Results indicate that thiamine retention is the same in enriched and non-enriched breads, but greater in those made with sweet milk than with sour milk.

Through the Extension Service, home demonstration club women are finding these improved recipes satisfactory for use in their homes.

The committee is planning to use the data from these studies in an educational campaign to induce Texans to want enriched corn meal and grits, to induce millers and merchants to want to provide consumers with enriched mill products of corn, and to convince legislators that enrichment of all corn meal and grits in Texas should be required by law.

#### NEW MATERIALS

Obtain from Production and Marketing Administration, USDA, Washington 25, D. C.

National School Lunch Program. PA-19, 4 pp., 1949. Revised.

Know the Eggs You Buy. PA-70, 1949. Revised. Small chart with consumer information printed on the back.

The Plentiful Foods Program. PA-75, 4 pp., 1949. Revised.

The Direct Distribution of Food. PA-77, 4 pp., 1949.

Obtain from the Office of Information, USDA, Washington 25, D. C.

How to Use Whole and Nonfat Dry Milk. AIS-86, 32 pp., illus. (Prepared by BHNHE)

Obtain from the Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

Grain Products Consumed By City Families in 1948. Commodity Summary No. 3. Processed, 1949, 14 pp., illus.

Eggs and Poultry in City Diets in 1948. Commodity Summary No. 4. Processed, 1949, 9 pp.